## ABSTRACT OF THE DISCLOSURE

An alternator testing method and system that provides high resolution signals and stable loads during alternator tests. The method according to the present invention comprises the steps of: coupling a load to the alternator, and evaluating the operation of the alternator based on parameters collected only after the load has been coupled to the alternator for a first predetermined period of time. The method may further include a step of detecting the speed of the alternator or motor driving it, and in one aspect, the load is applied to the alternator only after motor speed or alternator speed reaches a predetermined level. The load may be automatically decoupled from the alternator after the load has been coupled to the alternator for a second predetermined period of time.